

ESC 15 Counseling and Therapy Resources

National / Regional Resources

Name of Resource	Phone Number	Notes
National Suicide Prevention Hotline	988	Call, text, or chat Available 24/7 <i>Habla Español</i>
National Suicide Prevention Hotline (For Deaf and Hard of Hearing)	Dial 711 then 1-800-273-8255	For TTY Users; Available 24/7

LoveLine

RAINN: National Sexual Assault Hotline	800-656-HOPE 800-656-4673 866-488	https://www.rainn.org/about-national-sexual-assault-online-hotline

Trevor Lifeline for LGBTQ youth

Texas Youth Hotline

1-800-989-
6884

Free and confidential; Available 24/7

Texas Abuse Hotline



Center for Life Resources	Crisis Phone: 1-800-375-8965 Main Phone: (325) 646-9574 Crisis Phone: 1-800-458-7788	(Serves Irion, Coke, Sterling County) 408 Mulberry Brownwood, TX 76801 (Serves Brown, Coleman, Comanche, Eastland, McCulloch, Mills, & San Saba)	vary based off income and household size. https://www.mhmrcv.org/ AcceptDC 0w 1.67 0 Td(ef5891 42
---------------------------	---	---	--

Aegis Counseling PLLC	(325) 221-0163	2141 Office Park Dr., Suite 3, San Angelo, TX 76904	Accepts most insurances and Medicaid; \$110 per session without insurance, but tries to work with families
Anne Hardegree, MEd, LPC	(325) 515-5256	3131 Executive Dr., San Angelo, TX 76904	Accepts most insurance and Medicaid; \$60- \$100 per session without insurance
Rachel Rainey, MA, LPC	(512) 710-0785	2137 Office Park Dr., Ste F, San Angelo, TX 7690	Accepts most insurance and Medicaid; \$80- \$120 per session without insurance
West Texas Counseling and Guidance	(325) 944-2561	36 E Twohig Ave., Cactus Hotel, 6th Floor, San Angelo, TX 76903	Accept most insurances and Medicaid; Sliding fee scale and payment assistance
Blue Spring San Angelo Autism Therapy Clinic	(325) 939-2650	439 W. Harris Ave., San Angelo, TX 76903	Accepts most insurances and will take Medicaid in 2021; Self pay cost: Initial Assessment: \$1500; 10 hours of ABA - \$600; offer payment plans
Rivercrest Hospital	(888) 495-0804	1636 Hunters Glen Rd., San Angelo, TX	*Only intensive outpatient, partial hospitalization, and inpatient; Accepts most insurance and Medicaid; Self pay is \$275 for 3-hour sessions
Lori Hollingsworth, ED	(325) 656-5260	2002 Colorado Ave., San Angelo, TX 76901	Accepts most insurance and Medicaid; \$100 per session without insurance

Angelo Counseling:
Linda Curtis &
Rhonda Hayes

(325) 617-2997

2406 W Ave. N,
San Angelo, TX 76904

Accepts most insurance and Medicaid

	<p>Youth Support Line: (210) 729-2273</p> <p>Heroes Helpline (First Responders and Healthcare): (833) 367-4689</p>		<p>case management. Lab and medication costs are free for qualifying patients.</p> <p>Open to anyone 18 and older, regardless of ability to pay. No-pay and no-insurance options available. Same-day and next-day appointments available.</p>
--	--	--	---

Autism/ABA Resources

Name of Resource Phone

<p>Recovery TX / Be Well Texas</p>	<p>Information and scheduling: (833) 778-2571 Connect with a Peer Specialist: (833) 922-2557</p> <p>Youth Support Line: (210) 729-2273</p> <p>Heroes Helpline (First Responders and Healthcare): (833) 367-4689</p>	<p>BeWellTexasClinic.org RecoveryTexas.org (all virtual services)</p>	<p>Offers comprehensive care for substance abuse disorder and non-severe mental illness. Services include: psychiatric evaluation, medication management, counseling, peer recovery support, technology tools, and case management. Lab and medication costs are free for qualifying patients.</p> <p>Open to anyone 18 and older, regardless of ability to pay. No-pay and no-insurance options available. Same-day and next-day appointments available.</p>
------------------------------------	---	---	---

Eating Disorder Resources

<p>CV Counseling Center</p>	<p>(325) 234-5599</p>	<p>2601 Freeland Ave. San Angelo, TX 76901</p>	<p>Sliding scale up to \$80/session</p>
<p>West Texas Counseling and Guidance</p>	<p>(325) 944-2561</p>	<p>36 E Twohig Ave., Cactus Hotel, 6th Floor, San Angelo, TX 76903</p>	<p>Accept most insurances and Medicaid; Sliding fee scale and payment assistance</p>
<p>Kayli Cross, LMFT</p>	<p>940- 343-9226</p>	<p>Telehealth only</p>	<p>Sliding scale fee; Medicaid; \$125 per session</p>
<p>ANAD - Online Support Groups</p>	<p>888-375-7767</p>	<p>Virtual Support Group</p>	<p>Eating Disorder Peer Support Groups National Association of Anorexia Nervosa and Associated Disorders (anad.org)</p> <p>Free - They do take donations</p>

EQUIP	855-387-4378	Virtual Support Group and Treatment	Virtual Eating Disorder Treatment Equip Health Take Cigna, Aetna, and Optum. Offer a private pay option for families that wish to start care with Equip before their plan is in-network.
Eating Recovery Center	1-866-303-8479	7351 E. Lowry Blvd, Ste 200 Denver, CO 80230 Call 1-866-303-8479 to talk to a masters-level clinician. Mon–Fri: 6am–7pm MST Saturday: 8am-4pm MST Sunday: 8am-4pm MST info@ercpathlight.com	Eating Disorder Treatment Centers Anorexia, Bulimia & Binge Eating (eatingrecoverycenter.com) They also offer a virtual IOP for ED.

Foster and Adoption Resources

MHMR Services for the Concho Valley: Child & Adolescent Services	Main Phone: (325) 658-7750	424 S. Oakes San Angelo, TX 76903	Accepts TriCare, BCBS, Medicare & Medicaid and no insurance. Payment options vary based off income and household size.
--	----------------------------	--------------------------------------	--

Rivercrest Hospital

(888) 495-0804

1636 Hunters Glen Rd.,
San Angelo, TX

*Only intensive outpatient,
partial hospitalization, and

Freedom Fellowship
Food Pantry

(325) 227-4121

342 S Chadbourne St.
San Angelo, TX 76903

In the back. Go down the

Sex Addicts Anonymous	1-800-477-8191	saa-recovery.org	FREE. International Hotline, will most likely have to leave a message.
NoFap	N/A	https://nofap.com/	Comprehensive community based porn recovery website. Option for weekly anonymous accountability calls. \$20-\$120 per month depending on service. Other resources are FREE.
Sex / Pornography Addiction Support Group	N/A	https://www.dailystrength.org/group/sex-pornography-addiction	Online forums and posts for addiction and recovery.